

Post Concussive Syndrome

- Changes in your ability to think, concentrate, or remember.
- Headaches or blurry vision.
- Changes in your sleep patterns, such as not being able to sleep or sleeping all the time.
- Changes in your personality such as becoming angry or anxious for no clear reason.
- Lack of interest in your usual activities.
- Changes in your sex drive.
- Dizziness, lightheadedness, or unsteadiness that makes standing or walking difficult
- Sensitivity to light or noise
- Irritability, aggression
- Fatigue
- Loss of hearing, tinnitus
- Nausea and vomiting
- Mood swings

Overlap Of PTSD & TBI

- Sleep disturbances
- Personality changes: irritability, aggression
- Loss of interest (anhedonia)
- Memory problems

Post Traumatic Stress Disorder

- Recurrent, intrusive recollections of the event
- Recurrent distressing dreams
- Reliving the experience: hallucinations, flashbacks, etc...
- Intense psychological distress to cues that symbolize the event
- Physiological reactivity to cues that symbolize the event
- Persistent avoidance of stimuli (thoughts, feelings, activities, places, people, interests, detachment, estrangement, restricted affect, sense of foreshortened future)
- Persistent increased arousal (difficulty with sleep, irritability, outbursts of anger, difficulty concentrating, hypervigilance, exaggerated startle)
- Duration more than a month
- Distress causes impairment in social, occupational or other important areas of functioning.

Differences:

TBI: Headaches, vision changes, light and sound sensitivity, dizziness, hearing changes
PTSD: flashbacks, hallucinations, intrusive recollections, physiological reactivity, nightmares